



Kiva Auditorium
Tuesday, Feb. 3, 7 p.m.

Free Admission, First Come-First Serve (No Tickets)

Active Duty will be seated 5-6 p.m., with the general public being seated from 6-7 p.m.

Special thanks to AT&T, First Command Financial Planning, Kirtland Federal Credit Union and AAFAA.

SPORTS

★ Super Bowl

The Roadrunner Lounge hosts Super Bowl Sunday **Feb. 1**, beginning at 5 p.m.

The event includes prizes, food and drink specials.

Cost is \$5 for nonmembers and free for members.

Watch the playoffs **Jan. 18**.

Call 846-5166.

★ Pro shop sale

The Tijeras Arroyo Pro Shop offers specially tagged sale items **through January**.

Call 846-1574.

★ Aerobics class

The Low-Impact Aerobics class begins at 9:30 a.m. **Mondays, Wednesdays and Fridays**.

★ Golf special

Play a round of golf with a cart and enjoy a Bogey Basket meal for \$20 during the winter golf special offered **every Monday-Thursday through February**.

Call 846-1574.

★ Fitness center

Reservations are being accepted for the fitness

center for unit fitness training.

Call 846-1102 for details.

★ Personal trainers

Two personal trainers are on-call at the East Fitness Center.

James Allison is a Certified International Fitness Professional Association member and Diane Cabral is a Certified National Strength and Condition Association Personal Trainer.

Fee for consultations is \$25 an hour. Call 846-1102.

★ "Boot Camp"

Recall the glory days of boot camp while getting into shape for the fitness test.

The intense aerobic class includes pushups, sit-ups and other boot camp style exercises.

Classes are **Wednesdays**, 5 p.m., at the East Fitness Center.

Call 846-1073.

★ Big Guns Club

Be a part of the Big Guns Club. To qualify, you must be able to complete 74/30 (male/female) push-

ups, 20/2 pull-ups and bench press your weight and a half for men and bench press your weight for women.

Call 846-1102

★ Discount lunch

The Tijeras Arroyo Golf Course Snack Bar offers a 10 percent discount on lunch **Mondays**, 10 a.m.-2 p.m.

Call 846-1574.

★ Handball club

The handball clubs takes no initiation fees or dues and has no meetings--just competitive handball games.

Courts 2 and 5 are reserved from 11 a.m.-1 p.m. for challenge games.

New members are always welcome.

Call 846-2454.

★ Spring golf tune up

"Make the move to Improve!" Tijeras Arroyo Golf Course will be offering a Spring tune up for your upcoming golf season.

During the months of **February, March, & April** TAGC will be offering golf tips, large bucket of range

balls and a take out lunch. Sessions will take place on **Tuesday and Thursday** from 11:30 a.m.-1 p.m.

Charge for the sessions will be \$10 and sign ups will be in the Pro Shop. Maximum per session will be 10 golfers.

Call 846-1574.

★ Breakfast

Breakfast is available at the Spare Time Cafe inside Kirtland Lanes. The Cafe opens **Monday- Friday** at 7 a.m. and **Saturdays** at 9 a.m. Breakfast is not served on Sundays.

Call 846-6851.

★ Spinning class

Indoor cycling classes are held at the East Fitness Center, **Monday-Thursday**, 6 p.m., and **Saturdays** at 1 p.m.

Call 846-1073.

★ Air Force sports

If you excel in boxing, bowling, cross country, golf, fencing, rugby, shooting, tae kwon do, track and field, triathlon, wrestling, marathon or men's and women's basketball, soccer, softball or volleyball, consider the Air Force Sports Program.

Visit <https://www-r.afsv.af.mil/FT/> or call 846-1102.

★ Lunch Crunch

The East Fitness Center has the Lunch Crunch, **Mondays, Wednesdays and Fridays**, 12:30-1 p.m.

The aerobics class focuses on abs, thighs and glutes.

Call 846-1102.

★ Ride of Your Life

Be a part of Air Force Cycling in the "Go for the Ride of Your Life."

You can win T-shirts, caps, towels and water bottles.

Pickup a mileage card at the East Fitness Center.

Call 846-1068 or 846-1102.

★ Run for Your Life

The East Fitness Center holds the "Run for Your Life" program. Participants are authorized three miles a day. Incentive prizes are given out for miles accumulated.

Call 846-1102.